

# Perinatal Mental Health Collab Lab

## ADDITIONAL RESOURCES

Collaborative Mental Health Care in a Changing World

MARCH 2023

**\*\*Please note that all links provided in this document were accurate as at the date of publication - Thursday, 30th March, 2023\*\***

### Presenters' Recommended Resources

- [Mums Matter Psychology | Australia](#)
- [Health NSW | Relationships in pregnancy and early parenthood](#)
- [Beyond Blue | Emotional health and wellbeing - A guide for new dads, partners and other carers](#)
- [Raisingchildren.net.au | Healthy relationships with partners in pregnancy](#)
- [www.becomingusfamily.com](#)

### MHPN's Perinatal Mental Health Practitioner Networks

Funded by the Federal Government, MHPN's [National Networks Program](#) aims to support practitioners from a range of disciplines to work together better, with the ultimate aim of improving collaborative care practices to achieve better outcomes for consumers.

MHPN's special interest perinatal mental health networks offer practitioners the opportunity to hear from speakers who are leaders in the field of perinatal mental health, as well as connect with and learn from peers in their field from a wide range of disciplines.

There are currently a number of special interest perinatal mental health networks that meet in-person and online all over Australia. There is no cost to join a network.

[Find one near you!](#)

Contact [networks@mhpn.org.au](mailto:networks@mhpn.org.au) for more information.

### MHPN Professional Development

#### Webinars

- [An interdisciplinary approach to perinatal anxiety and depression](#)

Find more free-to-access webinar recordings on the [MHPN Webinar Library](#).

#### Podcasts

- [A Conversation About... Perinatal Mental Health](#)
- [In The First Person... A Mother's Experience of Postpartum Psychosis](#)



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TOGETHER  
BETTER

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Find more podcast episodes on the [MHPN Podcast Library](#).



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